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## **WILLIAM BUHLMAN PREPARES US FOR AN ENLIGHTENED TRANSITION**

*by William Buhlman*



William Buhlman, Author and Guest Trainer at The Monroe Institute

*William Buhlman is a leading expert on out-of-body experiences. William's forty years of extensive personal out-of-body explorations give him a unique and thought-provoking insight into this subject. His first book, Adventures Beyond the Body chronicles his personal journey of self-discovery through out-of-body travel and provides the reader with the preparation and techniques that can be used for their own adventure. He is best known for his ability to teach*

With accurate knowledge and an effective action plan, we can achieve liberation from the many belief territories that dominate the astral dimension. Our ability to obtain self-knowledge through our personal explorations of consciousness is essential to the natural trajectory of the soul. Our individual awakening and focused mindset can help to propel us beyond the consensus realities.

At death it is imperative to remain focused on your highest intention or goal and maintain a sense of detachment from the material world. Always remember, we possess the ability to overcome all the physical attachments that so often lure humans to the familiar afterlife realities of the astral dimension. Be bold and never settle for the mundane reflections of Earth.

Throughout this book I use the term 'awakening.' I am referring to the individual process of becoming aware of our immortal self and our continuing existence beyond all temporary vehicles and projections of matter and form. It is the profound act of being consciously aware of our spiritual essence and our purpose for visiting this demanding

training reality we call Earth. This awakening to our true self is essential to accelerate our continuing evolution now and beyond the body.

Ultimately it's up to us to break free of the walls of indoctrination and become an active explorer of consciousness. A pivotal shift occurs when we realize that we shape not only our current life but our afterlife as well. We are not victims at death, we are a divine powerhouse, ready to explore, discover, and experience our spiritual self.

The purpose of Bill and Susan Buhlman's new book, *Higher Self Now!* is to prepare us for an enlightened transition of consciousness—to provide practical insight and guidance so we can effectively navigate the thought responsive realities we will all experience. The book is based upon Bill's forty years of personal OBEs and Susan's experience as an end-of-life doula and hospice worker. Death is just the beginning of our journey—let us be empowered!

*Higher Self Now!* is a powerful affirmation for immediate spiritual liberation; a modern guidebook for personal transformation.

*Higher Self Now!*  
*Accelerating your Spiritual Evolution*

